

33 Ways to Enjoy Life

1. Always, always, always put first the things that matter most.
2. Love your spouse and family unconditionally.
3. Show it.
4. Find a hobby that you really enjoy.
5. Actually honor the Sabbath.
6. Get a pet.
7. Always give people the benefit of the doubt.
8. Take dance lessons or join a bowling league.
9. Believe in something worth believing in.
10. Attempt the impossible.
11. Dream.
12. Start a weekly book or movie club.
13. Take a trip somewhere that doesn't speak English.
14. Say hello and mean it.
15. Keep in touch with old friends.
16. Create new family traditions.
17. Watch television for 30 minutes to an hour each day. No more. No less.
18. Look them in the eye and say "I love you."
19. Don't interrupt others.
20. Listen.
21. Listen more.
22. When in doubt, always ask yourself whether it will matter five years down the road.
23. As important as it is to have a life goal never forget to enjoy the present.
24. Spend a moment with the Lord each morning before you get out of bed.
25. Get plenty of fresh air.
26. Always get a good night's sleep.
27. Keep things simple.
28. Worry less about what you are "supposed" to do.
29. Worry even less about what others think.
30. Read a fiction book you've always wanted to read.
31. Challenge yourself by seeking out perspectives very different than your own.
32. Instead of surrendering happiness to make more money, surrender money to make someone more happy.
33. Instead of living by this world's standards, live according to your own mission statement.
34. Find a Place and Way to be Alone